



THE
CALIFORNIA HOMŒOPATH.

A Journal Devoted to the Interests of Homœopathy
on the Pacific Coast.

EDITOR, - - - WM. BOERICKE, M. D.

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EDITORIAL.

WITH the present number closes the fifth volume of the *California Homœopath*. Since its first inception as the advocate of Homœopathic interests on the Pacific Coast, five years ago, many changes in the outer aspects of our school here have taken place, all indicating its rapid development and general prosperity. Since then, we have established and now in successful operation, for four years, a homœopathic college, with a corps of teachers and classes full of zeal and enthusiasm;—we have but lately triumphed over all opposition and overcome most unjust impediments in the attempt to establish a homœopathic hospital in this city, as a suitable and necessary adjunct to the college; the State Homœopathic Society is growing rapidly in membership; the Dispensary is self-supporting and our brethren across

the Bay have also in charge a Homœopathic Hospital for the benefit of which large endowments have been received. These are a few illustrations of the present vigor of Pacific Coast Homœopathy and the *California Homœopath* cannot but respond to this general well being.

The editor takes pleasure, therefore, in announcing to the readers of this Journal that he has associated with him Prof. W. A. Dewey, who will assume the entire business management of the Journal, and that commencing with Vol VI. January 1, 1888, the numbers will appear *Monthly* on the first of each month, instead of bi-monthly as heretofore.

The whole character of the Journal will be re-môdeled, every department improved and it is hoped the *California Homœopath* in its new array will more adequately represent the present prosperous Era of our school. As the work of conducting the Journal is doubled thereby, we rely greatly on our contributors and beg them to send in their contributions early and as frequently as as possible.

Among our contributors, we have the leading men of the California State Homœopathic Society, Oregon Homœopathic Medical Society, members of the Hahnemann College and well known writers in the Eastern States. Among them J. C. Morgan, M. D., Thos. Nichol, M. D., C. P. Hart, M. D., C. N. Hart, M. D., Denver, and many others.

Prof. Samuel Lilienthal will furnish translations with annotations from some of the latest foreign journals.

ORIGINAL ARTICLES.

DIAGNOSIS OF DISEASES OF THE EYE WITHOUT THE USE OF THE OPHTHALMOSCOPE,

By WILLIAM SIMPSON, M. D. SAN JOSE.

The man who leans too heavily and constantly on his staff or crutch is in great danger of losing partially, if not entirely, the use of his organs of locomotion; so in the use of the many and admirable instruments of precision, the modern

doctor is in equally great danger of losing the power of close and discriminating observation which distinguished the fathers of medicine; that power, which, in a greater degree than any one factor, marks the distinction between the careful and thorough, and the careless and slovenly practitioner. The instrument of precision then should never be substituted for the thorough and careful examination of the patient, but should be the test by which the observer confirms or refutes the results of his observations the final and most delicate test of the accuracy of his conclusions. Of all the so-called instruments of precision, the ophthalmoscope probably stands at the head, and its discovery and revelations have contributed largely toward making the work of the oculist what it is to-day, the most exact and satisfactory of all the specialties, but, though every physician cannot command the practice necessary to acquire skill in its use, every physician should be possessed of sufficient skill in the diagnosis of eye diseases to discriminate a trifling from a severe disease, and to know what cases may be safely left to nature, or treated by himself, and what referred to the specialist.

Cataract may, when sufficiently advanced, to materially diminish vision, with a dilated pupil, and oblique illumination be easily diagnosed, the opacity of the lens being distinctly visible, the age of the patient, absence of pain and slow progress of sight, failure distinguishing it from all other troubles. Remember this, unless traumatic or congenital, cataract is ever an accompaniment of advanced life, painless, slow in progress.

Glaucoma, also a disease of advanced life, may be recognized by its comparatively rapid progress, the patient finding it necessary to frequently increase the strength of the glasses worn without being able to materially improve the vision. There is usually considerable pain, though, in some cases, very apt to be mistaken for cataract, this symptom is absent. The cornea has a steamy, hazy appearance, the pupil dilated the cornea has lost in greater or less degree its sensibility, and if to these symptoms increase of tension with or without rings of color about the light are added, error would seem impossible.

Iritis may be confounded with simple conjunctivitis, and this error has caused the loss of innumerable eyes. *Iritis* may be recognized by the change in the color of the iris, the deformity of the pupil, the pain worse at night and deep in the eye almost invariably relieved by heat and made worse by cold. If accompanied by increased tension the complication is Glaucoma; if the tension is decreased, Cyclitis. A much more puzzling class of cases may be classed under the general head of Asthenopia. All objective symptoms are wanting, while the subjective symptoms are so marked, the patient, and unless he is forewarned, the doctor as well will be led to believe the optic nerve must be the seat of some grave lesion. Usually in these cases the vision for distance is unimpaired, and the patient at the first glance reads the finest test type without difficulty. After a few moments or it may be seconds only the type blurs or becomes unsteady and indistinct. Continued effort produces severe pain and frequently dizziness; rest removes these symptoms, but with renewed application they return with equal or greater severity. These patients are usually young persons, mostly students, teachers, musicians, anaemic women with a history of uterine disorders or hypochondriacal men with some sexual weakness. Put a number thirty-six convex lens before the eye and they see more easily and distinctly. Set their and your own minds at rest. They are hypermetropic or astigmatic, and the application of the proper correcting glasses, especially if accompanied by the administration of a well selected remedy, will banish their asthenopic symptoms. Do not be deceived into considering a case, one of Myopia, if the patient sees fairly well at a distance, but nips the lids together and gradually brings the type nearer to the eyes when reading. The victim is astigmatic and employs these means to secure clear vision in one meridian and shut out the confusion of the other. The vision of the two eyes may be entirely unlike and possibly the patient claims to have suddenly and without warning lost the sight of one eye. Do not jump too readily to the conclusion that this is the case. People are notoriously poor observers of their own shortcomings, and these are probably congenital differences but just discovered. If the patient is a man and accustomed to

the use of fire-arms, his habit and the eye he has used may help to clear up the diagnosis. Flashes of light, heat, trembling, a sensation of seeing through a mist or cloud not usually accompanied by great pain, points to the inflammation of the retina, and is of serious import. Sudden loss of sight while lifting, stooping, straining at stool, or possibly without any special strain in an elderly person with a hard pulse and atheromatous arteries signifies hemorrhage from the rupture of some of the smaller vessels in the eye, and is important not only in reference to the eye but as premonitory of more serious apoplexies very likely to follow within the cranium.

The rupture of a small vessel on the surface of the eye is of no importance except as in advanced life it points to degeneration of the coats of the blood vessels. Sudden failure of sight in pregnancy cries albuminuria so loudly the most heedless must take warning. Loss of half the field of vision is significant of some brain lesion, probably a tumor. Double vision, external or internal squint coming on suddenly, accompanied by giddiness, staggering, and uncertainty of gait, may prove indicative of paralysis of some of the ocular muscles, and if unaccompanied by facial paralysis is probably due to syphilis. Cover the defective eye and the patient walks firmly and your diagnosis of paralysis is confirmed. In detachment of the retina, if extensive, the cloud begins at one side, above or below, and moves gradually but surely across the field of vision, and the touch will discover the softening of the globe which confirms the dire prognosis. Those interested, and every practitioner should be, will find this subject well treated by Dr. Williams of Cincinnati, in Volume V, of the International Encyclopedia of Surgery, to which I am indebted for suggesting the subject and for many valuable hints.

CASES FROM PRACTICE.

By W. E. LEDYARD, B. A., M. B., ETC., SAN FRANCISCO.

CASE I. November 9, 1879; Mary D., single; aged 40; tall, dark, eyes light brown, having a very fine growth of black hair on the upper lip. For ten days has had a large, fluctuating swelling of the left knee, which I diagnosed as

a large bursa patellae, the so-called "House-maid's knee." She also complained of pains in the leg, below the knee. Seven weeks before this, she fell on this knee, while carrying a child in her arms.

R. *Sticta Pulmonaria*, 30 n. et m.

Nov. 15th.—The pains have disappeared, but the swelling continues as before.

R. *Sticta Pulmonaria*, 200 n.

Nov. 25th.—The swelling began to disappear four days after the last prescription, and by the sixth day it had gone. The patient, while taking the medicine, went about as usual. I met this woman several years after, and she had then had no return of the trouble. Let us compare this with the most approved "old school" treatment.

Hamilton recommends *rest*, or rest with cooling lotions, which, he says, speedily cures *some* cases. In the more chronic cases, pressure with a large sponge, wetted and bound on tightly with a roller, and *rest*; or blisters, the external application of Tincture of Iodine; or long incisions, followed by complete rest for one or two weeks, and warm fomentations or poultices. In case the sac does not granulate and close up, injections of Tincture of Iodine or other stimulants, and for large and old bursa—excision.

CASE II—WHOOPIING COUGH.

Feb. 26, 1886.—Female child, aged six weeks. Nose fills up with mucus; *great rattling of mucus*; loses breath, with lividity of face; clear discharge from nose; coughs up stringy mucus and milk unchanged; cough in paroxysms of two coughs each, with a crowing inspiration; cough excited by taking her up. Frothy mucus between the lips; constant drowsiness. R. *Antim. Tart.* 200 dose, dry.

Feb. 28th.—Much better.

Rep. *Antim. Tart.*, 200 dose, dry.

The child got well speedily without further treatment.

CASE III—BRONCHITIS.

March 17, 1886.—C. D., male, age eighteen, light complexion, tall and slender. Last night, towards morning,

blowing of blood and mucus from the nose; cough excited by a deep breath; also by change of position, with nausea at times; worse towards morning and towards evening, disturbing the sleep with restlessness; expectoration difficult, thick and green; night-sweats occasional; amelioration from sitting up, or by lying on the back; large bronchitic rales.

R. *Phosph*, 200 dose, dry.

He received no more medicine, and was well in two or three days.

CASE IV--BRONCHITIS.

March 22, 1886.--Girl, aged $4\frac{1}{2}$ years, very tall for her age; looks as though she were drifting into consumption; cough in paroxysms of two coughs each. Two and a half years ago had "spasms", with loss of consciousness; ever since then has complained of pain in the stomach; restlessness before midnight; in the daytime dull, listless, drowsy; wants things, but soon tires of them. Two years ago, eruption, at first moist, then dry and scaly, with itching, commencing back of right ear and extending over the scalp. For this, "cuticura soap" was used. At times, very constipated, having no stool for one or two days; chilly; worse in the house; now has an eruption commencing behind left ear. Bronchitic rales heard all over the chest posteriorly.

R. *Sulph*, 200 dose, dry.

March 25th.--There is a considerable improvement. Rep. *Sulp*. 200 dose, dry.

March 28th.--Very much better in every respect; chest sounds normal. A third dose of *Sulph*. 200 dry was left, to be given if the improvement should cease.

CASE V.

January 26, 1886.--Child, male, age fourteen months. At 5:15 A. M. found him *lying stiff in a stupor*, head thrown back and eyes staring, teeth set, with occasional jerking of the hands and feet. This was followed by a catching at imaginary objects; moving the head slowly from side to side; *mouth surrounded by a pearly whiteness*; sweating profuse; stool greenish, yellow and musty; usually urinates frequently, but has not urinated since the attack came on.

9:45 P. M.—Vomiting of curdled milk; cough rattling; excited by crying; great aversion to water (in which he resembles his mother).

R. *Athusa Cynapium*, 200 dose, dry.

Jan. 27th.—Much better; yesterday afternoon three stools; the first two greenish, the last yellow, offensive, with escape of flatus; restless, tossing about and starting up. Now wants to be held.

R. *Cham.*, 200 dose, dry.

He rapidly convalesced.

CASE VI—DIARRHŒA.

April 15, 1885.—Child, hand-fed, male, age four and a half months. Face dusky; sweat on head constant, in large drops; large open fontanel; refuses his bottle; stool of *white lumps* floating in *watery mucus*; stool at 11 P. M., and 3 and 6 A. M.; two more in forenoon, and two in the afternoon, greenish or yellow, white, watery and scanty; after midnight, vomiting of milk *as soon as it became warm in stomach*; straining, crying and gagging; restless from 3 to 5 A. M.; rolling of the head; hands cold; hoarse cry; cough; has diarrhœa about once a month.

R. *Phos.*, 200 dose, dry.

April 16th.—Sweat on forehead, cold, standing in large drops; extreme coldness of legs below the knees.

10 P. M.—Vomiting of milk, slightly curdled; also at 6 A. M., and 6:30 A. M.; *stools pasty*, greenish, turning *blue* on standing, partly earthy, and partly watery, with minute white floating particles; pains in abdomen; stools at 10 P. M., 2, 5, and 11 A. M.

R. *Phos.*, 10 m. dose, dry.

April 17th—Very much better.

April 18th—Stool at 7:30 P. M., and 3 and 5 A. M., *blue*; at 8 A. M., stool green; yesterday, 6 P. M., vomiting papperecute; this morning curdled.

R. *Phos.*, 40 m dose, dry, speedily completed then cure.

CARE OF THE NEW-BORN INFANT.

BY LAURA A. BALLARD, M. D., SAN FRANCISCO.

We, as physicians, are so constantly dealing with diseased conditions that we are perhaps in danger of forgetting, that our province lies fully as much with physiology and hygiene, as pathology.

In this paper I shall discuss only the normal state of the new-born infant.

We will suppose our little stranger has arrived sometime during the small hours of the morning, when gas or lamp lights are the brightest and temperature the lowest. We find him resting on his right side yelling lustily.

The usual custom has been to tie the cord and sever as soon as possible. Recent observation shows that children thrive better if the cord is not tied until it has ceased beating. There is some difference of opinion about what is the best ligature. I prefer white silk or thread made into a cord, and tied with a surgeon's or square knot. The danger of these slipping, by after shrinking of the umbilical cord, is very slight, if the sensation of the pulse has been closely observed. Indeed I do not see how there could be any shrinking in such cases—though there undoubtedly is when the cord is tied too soon.

The waiting sometimes is tedious, and an explanation has to be made to patient and nurse, but it is a very important point and cannot be too forcibly urged. I think I have waited in some cases from eight to ten minutes, but the result has more than paid for the delay.

Budin recommends the indian rubber ligature only in cases where the cord is exceptionally large and pliable. Credé and Weber of Leipzig Clinic advocate strongly as the best ligature thin indian rubber.

Be ready with the ligature you may prefer, when the cord has ceased beating, tie in two places, first about $1\frac{1}{2}$ inches from the umbilicus, second toward the placenta, and with your own blunt pointed scissors sever the cord between and near the umbilical ligature.

Wrap the infant in a warm, soft woolen blanket, instruct

the nurse to lay it away on its right side in a warm place for after consideration. The mother needs the care now for more or less time.

When we return to our little charge and find apparently a clean exterior or the reverse, remember as said before it has come from a warm and soft home, common sense, as well as the testimony of careful accouchers agree to the great importance of not chilling the infant.

1st. Instruct the nurse to have ready warm sweet oil, apply freely with the hand or soft cloth, the whole surface, and with a piece of soft flannel wipe this off; giving close attention to the orifices and crevices; cleanse thoroughly the mouth with tepid water; be sure the child's eyes are shielded from gas or fire light, for usually they are wide open.

2d. Give the dressing of the cord your immediate attention, examine the ligature, know the knot is secure, remove the blood if any from the outer end—that the careful nurse may not get a fright, and think there is a hemorrhage—sending in great haste, just as you have settled down to good sleep after your night's work. Wrap the cord with a soft piece of old linen, cotton, or cotton wool, to the end; turn back, covering the end; have a pad of four thicknesses of linen about two inches square, with a round hole in center, with slit to this hole, put the cord through and lap the pad at slit to fit the child, turn the cord up and to the left of the median line, over this another pad of same size and thickness, now the flannel bandage wrapped around twice, and sewed or fastened carefully with small safety pins. Instruct the nurse not to disturb this pad in future bathing, if moist or offensive, soft pieces of linen or cotton can be passed under, and a spray, as few drops of carbolized water, can be used on the pad. It is usually healed and off from three to five days, when the child can have its full bath or wash as is best, good rules have exceptions, and surely the bathing of infants must be adapted to each case.

3rd. In dressing, insist upon simplicity and warmth, soft knitted woolen shirts with long sleeves, flannel skirts medium length, plain and soft slip, with warm simple baby blanket, and separate bed from its mother.

4th. Feeding, if the child will go to sleep now, let it; if not, feed a few teaspoonfuls of warm sweetened water until the mother has had a rest or good sleep, then put the child to the breast regularly every two or three hours, as the supply may be, never giving other food than the mothers, until the breasts have been emptied. Infants often worry and cry more from over feeding than hunger the first week of their lives.

THE TISSUE REMEDIES.

While preparing the work on the Tissue Remedies first introduced by Dr. Schuessler, we were in receipt of many encouraging letters from members of the profession both East and West. Much valuable clinical material was also received, most of which has been incorporated in the body of the work soon to be issued from the press.

For the present we give our readers some practical points from the experience of those who have largely used these invaluable remedies, referring to the book itself for further illustrations and indications.

From a valuable contribution by Prof. J. C. Morgan, of Philadelphia, we select the following:

Magnesia Phosphorica. In pains, aches, coughs, etc., of an ill-nourished, or else irritated nervous system, spasms, etc. Convulsions of infants, and symptoms of meningitis; even if complicated by effects of opiates. *Spasms like those of Belladonna, in which that drug does no good;* with dilated pupils, staring eyes, starting at the slightest noise or jar. Neuralgia; *Colic*, particularly of new born infants, in which I use it in almost every case, with absolute, invariable, prompt, and complete success; dissolving pellets of the 30th in a wine-glassful of water, and giving a few drops at short intervals, only until relieved.

Also, in cases of excess or deficiency of urinary phosphates, as shown by testing with liquor potassa and heat; in "Nervous Debility;" and in persistent, semi-chronic coughs of a pseudo-catarrhal, nervous character.

Ferrum Phosphoricum. In many inflammatory, and some eruptive fevers, especially in the young and sensitive; seem-

ing to stand midway between the intensity of *Acon.* and *Bell.* and the dullness of *Gels.* Some such patients, whatever they may complain of, I always treat, and successfully, with *Ferr. phos.*

A precious application of this drug, in my experience, is in the treatment of *Scarlatina simplex*, where, if there have been no previous tampering with medicine, I always prescribe it at once; and usually, no other is required; giving the 30th, pellets, in water; a teaspoonful every three hours; lengthening the interval when better. I rarely use *Bell.*, except as a prophylactic, where it almost never fails, in the 200th, a dose every fourth day.

A naturally florid complexion, with less nerve tension than that of *Bell.*, is a satisfactory keynote for *Ferr. phos.*

This drug is by Schuessler, supposed to be no longer indicated when exudation, or even suppuration takes place; but if adapted to the individual patient it may still, I find, be depended upon. Only when it fails to do any more good, should it be relinquished—a good rule in all kinds of homœopathy. In pharyngeal abscess it is excellent in the 12x.

Nasal catarrh, even if chronic, is reached by it, when individually suitable. Like other forms of iron, it may answer when there is a dropping of fluid backward, or trickling sensations. *Otitis media*, with tinnitus, often yields to this remedy in the 12x.

Febrile diarrhœa is amenable to it in the beginning, but soon demands some other drug.

In *inflammatory rheumatism*, given frequently in water, it does good work in the earlier stages.

In acute *felon*, with severe pain, redness and fever, this remedy acts beautifully, and it should be given at once. The symptoms usually subside speedily, if it be given early.

In *acute hæmorrhoids*, before any induration occurs, it gives fine results.

3. *Natrum muriaticum*.—A serous discharge, so-called, is the leader to this drug. A sero-mucous coating of the tongue is the equivalent of a serous discharge, when this is absent. Aside from these indications, this remedy is one of the old homœopathic polychrests.

In *old nasal catarrh*, with loss of smell, it has proved curative, but the catarrhal role, acute and chronic, and wherever located, largely belongs to it. In the stomach, heaviness and fullness characterize it—a form of dyspepsia. In the large bowels constipation prevails, and a cachectic state is apparent, in general.

4. *Kali muriaticum* represents a still more advanced pathology than the last. Whereas, epithelial serous exudation belongs to *that*, this drug is a very marked, similar to the true lymph-exudation of ripening intestinal inflammation. It takes this process in hand where *Ferr. phos.* becomes obsolete.

It also supersedes the *Natrum mur*, when the deeper layers of epithelium, adjoining the connective-tissue basement, are involved and even suffer exfoliation; causing a white-coated tongue and an opaque whiteish secretion.

In *felon*, when *Ferr. phos.* no longer is sufficient it acts beautifully. These two are usually sufficient. In so stating I think of a marked case, a dressmaker who, in her busiest season, to her dismay, got a felon upon the right thumb. *Ferr. phos.* 12 in water, every 3 hours, promptly relieved and she supposed, cured it. She used it vigorously, and within three days re appeared in my office with greatly increased pain and hard swelling. *Kali mur.* 12 finished the cure at once; a single drop of pus appearing beneath the cuticle and escaping when snipped with scissors.

In diphtheritic exudation it has done good without showing any superiority over the mercurials, etc.

Kali sulphuricum.—Yellowish secretions, yellow tongue, etc. are the leading indications of Schussler. I interpret this yellowness to retrograde metamorphosis—fatty degeneration—of inflammatory products and of effete epithelium, etc. For this reason I take it, the potassium sulphate is applicable to this, the third stage of inflammation, or to its stage of retrogression; the sulphates being characteristic products of the oxidation of tissue, and the potassium having its special sphere in the solids, and the resulting salt becomes a prominent constituent of their ashes; whence we can infer its homœopathicity to the same stage. In practice it often

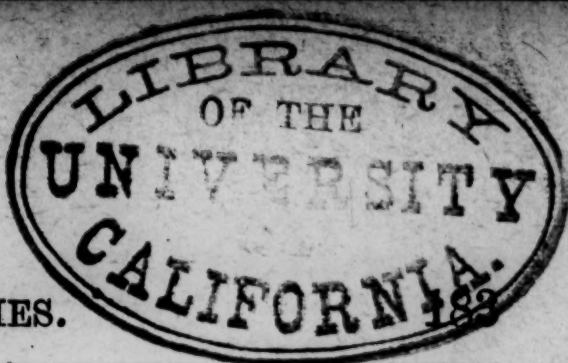
does good service therein, on Schussler's indication, Dr. Hering obtained excellent results in an old eczema or tetter, which had proved rebellious to the best selected remedies. I have used it with satisfaction in the third stage of catarrhal cough, with free, yellowish expectoration, etc. Some pus-cells may be found in the discharges in such cases.

Calcaria sulphurica.—The calcium sulphide is now fashionable in the old school as a remedy for suppuration; our old Hepar in the new shape. Schussler favors pharmaceutic and chemical precision, and therefore, adopts the pure salt. My own experience gives greater credit to the preceding remedies, and less to this, in suppuration prior to discharge; but the presence of *pus, with a vent*, is my own indication for *Calc. Sulph.* Therefore, I give it, after *Bell*, and other acute remedies, (all discarded by Schussler), with success, in abscess of the prostate and bladder, in an old man, after he had begun to pass great quantities of pus with his urine, the cure was immediate. In other pus-forming conditions also, it has done good work.

Natrum Sulphuricum.—This drug, according to both Schussler and Von Grauvogl, bears a close relation to the aqueous principles of the body. Its promotion of serous activities allies it to *Natr. Mur.*, and as it is more purely hydragogue than that drug, it might have preceded it in our list. Its therapeutics, however, have to do with a well-defined group of cases, where Von Grauvogl would find the "hydrogenoid constitution," with a tendency to diarrhœa, or to dropsy.

Oedema, of internal as well as external parts, is amenable to it, dividing the interest, somewhat, with *Apis*, in such cases.

Calcareo phosphorica.—I will first mention a use of this drug, derived from Dr. H. N. Guernsey, which has proved very beneficial. The indication is: "Every time he catches cold, or even becomes cold, the rheumatism of the joints (particularly, but not exclusively the knees) gets worse."



THE TISSUE REMEDIES.

Another valuable use in which Dr. C. Hering was the pioneer, is in slow union of fractures of the bones. I can strongly corroborate this case. A man of sixty years had a fracture of the shaft of the femur. It remained movable, in spite of great care, after two months, *Calcar. phosph.* was given, at first, every night; later, every second night. At once the fracture grew firm, and was soon well. This is certainly better than instrumental interference.

Eighteen months later the same femur sustained another fracture, in its lower portion. The drug was given in like manner as before, but from the beginning. It was well in two months.

Another application of *Calc. phosph.* is as a *tonic*, particularly after acute diseases, and in anæmia. Schussler, recognizing the origin of the red blood globules in the white, or embryonic ones, and crediting this drug with nutritive stimulation of the white globules, seeks to promote the formation of red globules indirectly, by promoting that of the white globules. Practically, this drug proves itself a real tonic, in many cases.

In *all* diseases of *bones*, in the absence of strong reasons for other medication, *Calc. phosph.* is my dependance.

J. C. MORGAN, M. D., Philadelphia.

THE TISSUE REMEDIES IN DIARRHŒA.

NATR. PHOS.—From bad methods in feeding; dependant upon an excess of lactic acid.

Stool—Greenish, jelly-like masses of mucus; painful; straining; coagulated casein; scanty; frequent.

VOMITING.—Curd-like masses; sour fluid; sour eructations.

KALI PHOS. *Stool.*—Watery; painless; very offensive; rice water discharges.

Tongue—Dry; dark coating, as if covered with liquid mustard; breath offensive; prostration marked.

MAGN PHOS.—Flatulent colic in babes, relieved by flexing limbs; hot applications, spasmodic evidence of pain.

Cramps—In calves of legs.

Stool—Watery, with griping pains in the bowels.

FERRUM PHOS.—Diarrhœa, copious, watery, sudden, painful, often accompanied by vomiting; fever.—E. A. GUILBERT.

Mag. Phos. has been of signal service in some troublesome cases of indigestion, where there was a marked disposition to spit up food immediately or very soon after eating.

Calc. Fluor has cured exostoses and ostitis.

Nat. Sulp. has cured many cases of diarrhœa; stools yellow, windy, agg. in morning; soreness of liver.

Kali Sulph and *Calc. Sulph.* have been useful in chronic catarrhal conditions of the nasal, pharyngeal and bronchial mucus membranes.—W. J. MARTIN, M. D., Pittsburgh, Penn.

I. E. Nicholson, M. D., of Oakland, Cal., writes:

"In answer to yours of this date, I have to say that I have used in my practice, during the last four years, all of the twelve Tissue Remedies. I have several times been disappointed in all of them, except Ferr. Phos. and Kali Mur. These have *never* disappointed me when the indications were plain. In all fevers, whether idiopathic or symptomatic, in Diarrhœa, Dysentery, in all the exanthemata, in *post partem* cases (after pains, etc.), and lastly, I wish to emphasize this remark: *It is the only satisfactory treatment of Diphtheria I have ever used.* In regard to potency, I sometimes use the 12x, but oftimes the 6x, and less often the 3x.

Dr. Henry C. Houghton, of New York, writes:

I have used Calc. phos. and Calc. fluor., Ferrum phos. *extensively*; Kali mur. and sulph. *extensively*; Kali. phos. some. Mag. phos. more than Kali phos.; the Natrum very little. These *have not disappointed* me. I am *enthusiastic* about FERRUM PHOS. and KALI MUR. Could write a book about them. Of course my use has been limited to the special diseases, eye, ear and throat, and these manifest marked indications. I use the third to twelfth decimal triturations and dilutions.

We have used these remedies in the N. Y. Ophthalmic Hospital for years.

Dr. D. B. Whittier, of Fitchburg, Mass., reports favorable experience with them, notably with

Magnes. phos. for painful affections, spasms, dysmenorrhœa, spasmodic coughs.

Kali phos., mental ailments, neuroses and septic conditions.

He uses the 6x Trit.

Dr. O. H. Hall, of Minnesota, writes that he has used *all* of them in the 6x Trit. with entire satisfaction for the past four years, and where they were indicated, never failed.

Prof. Wm. E. Leonard, of the Minnesota Hom. College, reports as having cured *Asthma* several times with *Natrum sulph.* *Calcar. sulph.*, 12x, has in his hands several times aborted felons and furuncles. Indications similar to Hepar.

Personal Notes, Locations, Etc.

DR. E. S. BREYFOGLE has removed his office to 209 Geary street, above Stockton. Residence, as before, No. 1916 Franklin street.

DR. J. L. MEARES, Health Officer of San Francisco, wishes every physician in this city to register his name at the Health Office. Don't forget to do so.

DR. E. P. LANTHURN has located in San Rafael; rooms, at the Belleoue House, corner 4th and "B" streets. The field is a good one, and we trust the Doctor will succeed to build up a good practice.

THE lectures at the Hahnemann Medical College of San Francisco closed October 21st. The class was a very excellent one in every respect. The commencement exercises take place November 9th.

DR. PHIL PORTER has been appointed Professor of Gynaecology in the Pulte Medical College in place of DR. EATON, resigned. A very excellent appointment.

DR. E. STEVENSON has settled at Vancouver, B. C., a rapidly growing town, the terminus of the C. P. R. R. Our readers know the Doctor as an occasional contributor to the CALIFORNIA HOMŒOPATH.

DR. M. F. GROVE has located at 707 McAllister street. Hours, 1 to 3 P. M., 6:30 to 7:30 P. M.

PROF. FARRINGTON's Clinical Mat. Med. is out, and will soon be ready for delivery by BOERICKE & SCHRECK. Send on your orders at once.

A GOOD practice for sale in Fairfield, Cal. See Advertisement.

DRS. BOERICKE & DEWEY's work on the Tissue Remedies will be out some time next month.

REDINGTON & Co's. new catalogue of Prices Current of Fluid Extracts, Abstracts, Elixirs, Pills, Powders *et id omne genus* is a very handy and practical arrangement, and will certainly lend to push the sale of their preparations, all of which are first class.

THE numerous friends of PROF. O. B. GAUSE, now of Aiken, S. C., but for many years Professor of Obstetrics in Old Hahnemann, of Philadelphia, will be grieved to learn of the continued ill health of his son, DR. PERCY B. GAUSE, and that in consequence, the Doctor decided to remove permanently to Aiken, S. C., the climate of which place seemed specially suitable to the son's condition. The College in Philadelphia loses in the retirement of PROF. GAUSE, its efficient Registrar, and Professor of Obstetrics and Pædology, a position he held for many years most acceptably. The many students who had the privilege of being instructed by the Professor, quite a number of whom are on this Coast, will ever hold him in affectionate remembrance as the kind and sympathetic friend and teacher, whose interest in each student was personal and genuine, and always helpful. We hope the climate of Aiken will do much for DR. PERCY GAUSE, and that the new field of labor will appreciate the worth of the old Professor and take advantage of his rare professional skill and conscientious methods of work.

NEW PUBLICATIONS.

Otis Clapp & Son's Visiting List and Prescription Record. Perpetual.
Boston and Providence, O., Clapp & Son.

Now is the time to provide yourselves with a new Visiting List for the ensuing year, and amongst all, we find Otis Clapp & Son's to be really most convenient. It is the right shape for the pocket, not too bulky, and contains all the usual desirable information of Visiting List character. Send for it at once so as to have it really when needed.

Massage. Principles and practice of remedial treatment by imparted motion. Mechanical processes. By GEO. H. TAYLOR, M. D. New York: John B. Alden, 1887.

Massage is indeed the therapeutic pet of these latter days, and practiced either intelligently or otherwise by everybody more or less. A concise manual by a real authority, one like Dr. Taylor, is therefore a very welcome addition to

our literature, and will do much to define the usefulness of massage as a healing agent. It is written for the health seeking public, and gives within a comparatively small compass the physiological basis and therapeutic application of Massage—"The most abundant, universal, potent, and at the same time, natural and innocuous of remedial agencies."

Insanity, Its Classification, Diagnosis and Treatment. A manual for students and practitioners of medicines. By E. C. SPITZKA, M. D. New York: E. B. Treat, 1887. Price, \$2.75.

This is a new edition of a well known work by an eminent neurologist. Its precision of definitions and clear cut pictures of different forms of mental disease make it a very acceptable manual for study to the beginner, and a fitting introduction to this broad field of medicine. The first eleven chapters are devoted to the general characters and the classification of insanity—such as the delusions—hallucinations and illusions of the insane—the memory, consciousness and will in insanity; the physical indications and somatic signs, morbid anatomy, etc., of Insanity. The Second Part deals with the special forms of Insanity, while Part Three studies the subject in its practical relations. The Dietetic and Physical Treatment and Management we heartily endorse, while much of the medicinal we hold to be objectionable. If the reader could supplement this with the brilliant pictures of the Homœopathic uses of remedies in Insanity as given by Dr. Talcott—the Superintendent of the Middletown New York Asylum, or make use of the clinical studies of the Homœopathic School as found throughout our literature—very much better results would be achieved where now only disappointment awaits the prescriber.

A Practical Treatise on the Diseases of the Hair and Scalp. By G. T. JACKSON, M. D. New York: E. B. Treat, 1887. Price, \$2.75.

The aim of this book is to fill an unoccupied niche in medical literature and present a concise statement of what is known of the diseases of the hair and scalp, special attention being given to their diagnosis and treatment. Brief, but clear descriptions of the Anatomy, Physiology and Hygiene of the Hair take up the first part of the work, after which follows the consideration of the essential and paracitic diseases of the hair, and such as are secondary to diseases of the skin. The author has some excellent instruction to give in the care of the scalp of infants, which, if followed out, undoubtedly would prevent diseased conditions so frequently encountered. So in the dressing of the hair of women, the author with much good sense condemns the hot iron, curl papers, singeing, etc., so universally used, and gives sound physiological reasons for his support. A remarkable bibliography referring to 640 works, is appended to the volume, and is really most interesting and suggestive.

On the Pathology and Treatment of Gonorrhœa and Spermatorrhœa. By J. L. MILTON, Senior Surgeon to St. John's Hospital for Diseases of the Skin, London. Octavo, 484 pages. Illustrated. Price, bound in extra muslin, \$4.00. New York: William Wood & Company.

This is the most modern and complete work on these subjects; five whole chapters being devoted to the treatment of Gonorrhœa; and yet, no room for even

a hint to the one really thorough and permanent method of curing as obstinate Gonorrhœa—the method of Homœopathy—not the routine suggestions of our works on practice which are as unsuccessful as our author's 250 pages of treatment, but to the true philosophical view of Gonorrhœa and Sycosis, and the anti-sycotic remedies as taught by Hahnemann and elaborated by Grauvogl—for the radical treatment of this disease, and for the cure of the simple form which gets well without much treatment. This work will be of much use as an index to the most various remedies and procedures, but the deep-seated sycotic dyscrasia, with its Gonorrhœal manifestations cannot be helped by this aid—a mightier than it must bring light and aid, and Homœopathy is its custodian.

The chapter on the Pathology of Gonorrhœa discusses the connection between inveteracy and diathesis, but the author failed to see any, a conclusion at variance with the observations not only of our school, but with some of the most advanced of the French physicians.

PAMPHLETS RECEIVED.

Incubation of Larynx. Papers read before the New York Academy of Medicine, 1887. By Drs. JACOBI, O'DWYER, HUBER, NORTHRUP, etc. Reprinted from the *Medical Record*.

Annual Report of the Homœopathic Hospital, Melbourne, 1887.

Oxygen as a Therapeutic Agent. By P. D. ROTHWELL, M. D. Reprinted from the *Denver Medical Times*.

The Pathology and Physiology of Diabetes. By PROSPER BENDER, M. D. Read before the Massachusetts Homœopathic Medical Society.

Ovarian Tumors and Remarks on Abdominal Surgery with the result of fifty cases. By E. BORK, Professor of Surgery, St. Louis, 1887.

The Importance of Proper Respiration in the treatment of non-surgical diseases of the larynx, trachea and bronchial tubes with medicated spray, etc. By OTTO FRILLGRAFF, New York, 1887.

Report of the Calcutta Homœopathic Charitable Dispensary for 1886-7.

The Training of Nurses in Private Practice. By A. WORCESTER of Waltham, Mass., 1887.

Annual Address of L. Henderson, M. D., President of the Homœopathic Medical Society, of Oregon, 1887. A most excellent address showing that our brethren in Oregon not only have a good working body, but a very live and able President.

The Delusion of Tonics. By G. H. TAYLOR, M. D., New York. A very timely treatise on a most wide spread delusion indeed.

Inaugural Address on the work of the New York Society for Medical Scientific Investigation. By W. G. COWL, M. D., January, 1887.

The Medical Institute. A journal of Homœopathy, published monthly during the college year by the Institute of The Hahnemann Medical College, of Philadelphia.

We are glad to welcome this college journal among our exchanges. The articles are able and interesting, and there is just enough of the student spirit about it to make us long to be back there and one of them.

POPULAR DEPARTMENT.

WITH the January, 1888, number will begin Vol. VI. of the *California Homœopath*. Thereafter it will appear as a *Monthly* publication and will otherwise be enlarged and improved. A special feature of this journal rendering it valuable to the Laity is the *Popular Department* which will be perfected with the new volume, and contain elementary explanations of the theory and practice of homoeopathy besides *a series of articles upon the care and diseases of children*, by the present *Editor*. These articles will be written in a style devoid of all technical terms and intended to give such information as to meet the requirements of all who have the care of children entrusted to them.

Subscription price for the entire year, only two Dollars. Send your subscription to the publishers, Boericke & Schreck, 234 Sutter Street, San Francisco.

KUMYSS, OR MILK WINE.

Kumyss is a pleasant, sparkling, wine-like beverage prepared from milk. Like milk it contains all the *nutritive* requirements of the body, but in a form more easily digested.

The peculiar modification which milk undergoes in the preparation of Kumyss does very much of the preliminary work of digestion that otherwise must be performed by the stomach. There is no other derivative of milk, or any other substance that possesses the same advantages; for containing all the elements of nutrition, it holds them in that state of vitality which gives them the property of metamorphosing themselves into healthy lymph and blood.

This remarkable restorative beverage should be freely drank by dyspeptics and all persons with debilitated constitutions. Nothing else makes flesh and blood and strength so fast. *Kumyss is the king of foods*. It is grateful to the most delicate stomach, and possesses greater nourishing power than any other food. It is superior to Kefyr and sim-

ilar preparations. The distress of dyspepsia vanishes under its soothing influence.

To exhausted nature it imparts new vigor and a feeling of comfort not experienced from tea, coffee, beer or wine. It can be substituted with benefit for any of these beverages. It can never do harm.

When medicine has failed to restore your health, try Kumyss.

Kumyss allays nausea, arrests vomiting, calms gastric irritation. It is not only highly nourishing itself, and may constitute a *sole diet* in many cases of dyspepsia or gastro intestinal affections, but it makes the stomach tolerant of other food and promotes digestion.

B. & S. Kumyss is no longer an experiment, *it has long been successfully used in the various forms of* DYSPEPSIA, CATARRHAL AFFECTIONS OF THE STOMACH AND ALIMENTARY TRACTS GENERALLY, FEEBLE OR IMPERFECT DIGESTION, NAUSEA, VOMITING, (ALSO THE VOMITING OF PREGNANCY,) ANÆMIA, GENERAL DEBILITY, CHRONIC DIARRHŒA, GASTRO-INTESTINAL DISTURBANCES OF CHILDREN, MARASMUS, THE LOW STAGES OF FEVER, AND THE STAGE OF CONVALESCENCE FROM ACUTE FEVERS.

It is a precious *resource* for invalids whose constitutions are profoundly undermined; and especially in affections of the chest, as consumption, chronic bronchitis, etc., etc.

Kumyss can be safely relied on for the recuperation of those cases of low vitality in which medication or ordinary nutrition fail.

Many—very many instances are on record of patients, *infants* or adults, reduced to that point where maintenance of life was dependent upon immediate nutrition, the stomach, however, in a condition too feeble to digest, or too irritable to retain the dietetics usually employed in such cases. Kumyss was given to the patient with astonishing and happy effect. Generally, the first draught arrested vomiting, nausea was soon allayed, and in place of long-continued, exhausting distress, calm and comfort, induced sleep returned, the nearly exhausted vitality revived, and a new lease of life awarded the invalid.

It is far more nourishing and more acceptable to a delicate stomach than beef tea, or extract of beef. In fact, in sickness or in health, I know of no beverage so well adapted

to our comfort as Kumyss. Adults can drink from one to three bottles per day with none but good effect.

I have known many little children, given up to wasting diseases, rapidly recover on the use of one bottle per day.

I sincerely hope that this may call the attention of the public to this beneficent food and beverage.

Do not be deceived by statements that there are any preparations of milk superior to Kumyss. There are none that have given the brilliant results of Kumyss, and our preparation of it, known as *B. & S. Kumyss*, is made according to the most accurate method, producing the one genuine article of Kumyss made on this Coast. The beneficial results claimed for it are obtained by B. & S. Kumyss without fail.

But such is not the case with most of the Kumyss made by home receipts or irresponsible parties. These preparations furnish simply an imitation of B. & S. Kumyss, an imitation that offers no advantages over buttermilk or clabber, because it is of the same chemical composition, plus some water and carbonic acid gas. It contains all the objectionable quality of the milk, that quality which is difficult of digestion, and which bilious natures never, and in fact, but few constitutions can bear. Dilution does not remove that objection, it only thins it, but at the same time it also thins the desirable components of cow's milk, for instance, the albumen, the milk-sugar, the phosphates, etc.

B. & S. Kumyss represents all the desirable qualities of cow's milk, and free from all objectionable substances. It is a palatable production relished by the most capricious tastes, and acceptable to the most sensitive and irritable stomach of either infant or adult. In fact, if there is a patient whose stomach resents the introduction of any food by immediate vomiting, Kumyss has always mollified and quieted the irritation and afforded the needed nutrition.

PHYSIOLOGICAL ACTION AND THERAPEUTICAL USES OF KUMYSS.

In small quantities—a glass two or three times daily—it *increases the appetite* for other food. Used in this way Kumyss becomes the most valuable aid for *loss of appetite* in children or adults, especially the aged. It thus acts a nutritive tonic,

increasing the bodily strength and mental vigor. If Kumyss is taken in larger quantities it takes the place of every other food, and patients can subsist on it alone for weeks and months; each quart containing 4 ozs. of solid food. Immediately after taking it, a delightful sensation of warmth is produced in the stomach. *Fresh* Kumyss stimulates the bowels, thus indicated in sluggish conditions of the intestinal tract—taking the place of purgative medicines, while at the same time being a delicious food, while *old* Kumyss tends rather to confine the bowels, thus more indicated in diarrhoea and dysentery. Kumyss increases the thirst, activity of the skin and urinary secretion, while the secretions of other mucous membranes are diminished. Breathing is rendered fuller and more frequent, thus more oxygen is brought to the system, the circulation becomes more vigorous, and nervous activity more energetic.

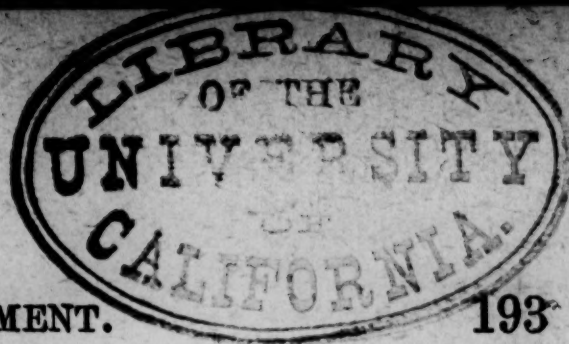
Kumyss tends to increase the adipose tissue, and is according to Prof. Ucke, of Germany, the greatest enemy to leanness. The bodily weight increases; the skin that was before its use dry, now becomes soft and supple, and the cellular tissue becomes filled with fat.

THERAPEUTICAL USES.

Kumyss is indicated as a food exclusively, or in conjunction with a more varied diet in all diseases of the stomach and bowels, in acute, but especially chronic catarrhal conditions of the gastro intestinal tract, in wasting diseases, generally; lung diseases, consumption, chronic bronchial catarrh, anæmia, chlorosis, scrophulous and scorbutic affections, Bright's disease, diabetes, etc. It forms a pleasant nutritious diet for fever patients.

Kumyss is especially useful in chronic constitutional diseases, attended with emaciation, such as pulmonary phthisis; in chronic abdominal catarrhs, and in albuminuria.

In all probability, Kumyss will be found the most useful practical expedient the physician can resort to, it being the most nutritious and simple food the patient can take. It is absorbed into the blood almost as soon as taken. We believe that it alone will cure the majority of cases we are



called upon to treat. It should be used as a diet from one to four pints daily.—WM. H. BURT, M. D.

KUMYSS IN SUMMER COMPLAINT.

There is a stage of this malady—both in children and adults—when the successful issue depends less on medicines than on assimilable food. Thousands of children perish every summer from starvation. “Nothing will stay on his stomach,” says the nurse. “I have done all I can for your child,” says the doctor.

In precisely such circumstances, I have ordered Kumyss, and an experience of four years justifies the praise I can bestow upon it.

Fresh young Kumyss, given little by little, in gradually increasing quantities, and at very frequent intervals, I have known to be retained and assimilated, the vomiting arrested, the appetite and strength return as by magic. In low and exhausted conditions, where the stomach refuses its office—yet nutriment must be had—there is nothing like Kumyss. Perhaps this is because the carbonic acid gas enables the stomach to retain it until it flows thence to the duodenum and small intestines, which can digest albuminous matters, thus leaving the stomach in repose. Beef tea, hitherto so generally trusted, is but a “delusion and a snare.” Chemists have demonstrated that it contains little or no nutritive properties, these being destroyed at a temperature of 160 degrees—60 degrees less than are required to make it! To take its place at the bedside, to accomplish what it has failed to perform, enter Kumyss.—N. F. LOCKE, M. D.

KUMYSS FOR THE AGED.

Here it is an invaluable food, because the Lactic acid in it dissolves the phosphate of lime, and prevents the ossification in tendons and arteries, so common in old age.

A FEW ILLUSTRATIVE CASES WHERE KUMYSS WAS THE FOOD AND MEDICINE.

DYSPEPSIA.

Mr. B., aged 30; book-keeper.—Has suffered from dyspepsia for more than two years; much emaciated, and complains

of much debility. Dr. DeWolf advised the use of Kumyss. He drank two bottles daily for six weeks. At the end of the *first* week, the distress in the stomach had entirely disappeared. His appetite and general health improved daily, and at the end of six weeks he had gained seventeen pounds.

Mr. M.; attorney-at-law.—Has suffered from dyspepsia for a long time. Debilitated and haggard. Neither medication nor mountain air benefited. He tried Kumyss and was immediately helped. After a few days all distress left him. He rested better at night. In four weeks he gained ten pounds, the former haggard appearance entirely left. Taking a liking to Kumyss he continued it a long time, and even now, when exhausted by over work, he restores the normal equilibrium by drinking Kumyss.

Col. Whitfield; Special Revenue Agent.—Nervous Dyspepsia from overwork. Confined to room for two weeks. For past week incessant nausea and vomiting. Distress and loss of sleep brought on melancholia. Medication had failed. Kumyss was advised, although the stomach was so irritable, that a mouthful of water was immediately rejected. The patient drank a full goblet of Kumyss. Strange as it may seem, it was retained and the patient soon experienced an agreeable sensation of relief. He took two bottles of Kumyss the first day, and had a good night's rest, the first in more than a week. Improvement continued. The Colonel was greatly astonished at the immediate benefit derived from the Kumyss, and thinks it saved his life.

Mrs. B., age 26; nervous prostration.—Great debility, highly sensitive to all impressions, extremely nervous; stomach so irritable that nothing could be retained; nausea continuous. Kumyss, at first in small quantities, entirely relieved the gastric irritability, and eventually increased the bodily weight and restored the nervous equilibrium.

Infant—Wasting away with marasmus; all power of digestion seemingly extinguished; all absorption almost destroyed with all the different prepared foods and forms of milk. None

were acceptable. At last, as a last resort, Kumyss was given. Improvement commenced almost at once, and the baby grew strong and well.

KUMYSS IN A CASE FROM PRACTICE.

By E. P. WARNER, M. D., Canandaigua, New York,

Mrs. A., aged 30, became pregnant in February, 1886; this was followed by severe and repeated vomiting of bile, and *all* food and liquids, which vomiting proved rebellious to all known remedies, including both schools of practice, both by stomach, rectum and hypodermically. The vomiting followed immediately on taking the last particle of food or drink into the stomach. Medicines could not be given in water without being ejected immediately. After the stomach was emptied of this food the vomited matter consisted of bile turned green from the action of the stomach juices upon it. A teaspoonful of spring water would be immediately thrown up. This state of affairs ran on for a month, the patient in the meantime being partially nourished by rectal enemas. At this point the rectum became intolerant of injections. All this time the patient vomited repeatedly several times an hour for the twenty-four hours. There being a slight retroflexion the reposition of the uterus was followed only by slight relief. The patient became rapidly emaciated, so she was a mere skeleton. In order to save the life of the mother, the writer advised emptying the womb of its contents. Before resorting to this, however, the use of Kumyss was suggested by a neighboring physician. The writer prepared some from cow's milk. The first dose of a tablespoonful was immediately ejected; another dose of one teaspoonful was given which was retained--the first and *only* thing that had been retained for six weeks. This she continued to take in increasing doses, until the stomach would bear two tablespoonfuls, never any more, at intervals of from two to three hours. This was all she could retain until after the fifth month. During this time she took about forty quarts. After the fifth month the patient could only take liquid food, and was emaciated and miserable until October, when she gave birth to a healthy, nine-pound boy. Two hours after delivery she took

a half-glass of milk and retained it, and the following morning ate a piece of beefsteak and bread, and made a rapid recovery, and is now healthy and well. What the result of emptying the womb might have been no one can tell, suffice it to say that Kumyss saved the woman's life. There was no hepatitis or gastritis except what was from reflex causes.

FROM EDWIN M. HALE, M. D., ON KUMYSS.

"As a physician, and an epicure, I confess I am enthusiastic on the subject of Kumyss. There is no reason why it should not be the national drink of the American people. Beer does not suit our temperament—it is too bilious and stupifying. It does not accord with the genius of the Americo-Anglo-Saxon race.

"I believe the general use of Kumyss would convert our thin, nervous, hyperæsthetic people into a race capable of greater endurance, of plumper physique, and of fresher color.

"As a medical man, I believe it is almost a nutritive panacea for that class of diseases characterized by failure of nutritive forms, mal-assimilation. As a race, the people of the United States are subject to dyspepsia. Our children suffer from all forms of mal-nutrition. They do not rally from disease as do the English and German. In hot weather, children fed on the bottle, or artificially, do not retain or digest their food, and die off, by thousands, in all our large cities and towns. In these cases, Kumyss is invaluable, not as a medicine, but as a food. It will remain upon the delicate stomach when nothing else will, and will supply the body with nutriment when all other foods fail.

"As an epicure, I look upon Kumyss as far superior to any beverage ever invented. Putting aside all strong spirits as utterly unfit for use in health or disease, except in some instances, Kumyss is far superior to any wine or malt liquor, both in taste and effect. If the reader wishes a new and delicious sensation, let him take a bottle of Kumyss from four to eight weeks old, fresh from the ice-chest. As you allow it to escape through the champagne faucet, into the goblet, mark how it foams like the richest ale and heads like the choicest champagne.

"It is white as the driven snow, a faint, delicate and delicious aroma rises, reminding one of the odor of fresh milk, whey or new made cheese combined. Touch it to your lips and you think of the 'Ambrosia of the Gods'—drink it and the sparkle, the effervescence and the crisp acidulousness shame all the wines of France or the beer of Germany.

"It is the delicate combination of milk, buttermilk, cheese, and wine woven together in one exquisite whole.

"It is a matter of wonder that it is not upon the table of every citizen, that it has not usurped the place of wine or beer in every restaurant, and been accorded the place of honor upon the "wine" list of all our princely hotels.

"Except in very rare instances it does not disagree with any person.

"It never causes the dullness and heaviness of beer, the seat of stimulation of wine, or the after sense of prostration they so often leave. On the contrary, it cheers and invigorates without leaving any prostration or any nervousness such as follows the use of tea or coffee.

"I know of no medicine so efficient for sleeplessness when arising from nervous irritation, debility, or deficient supply of blood to the brain. A goblet full taken at bed-time, and possibly another in the night causes calm and refreshing sleep, leaving no *malaise* or headache, or loss of appetite in the morning."

RESUME OF THE CHIEF QUALITIES WHICH RECOMMEND ITS USE.

Its agreeable and highly digestible character and pleasantly sub-acid taste.

Its easy and rapid assimilation when the stomach rejects other fluid and solid foods.

Its attested powers of nutrition in the most desperate cases of emaciation, chronic vomiting, dyspepsia from all causes, gastric pain and irritability, and of debility following acute or accompanying chronic diseases.

Its remarkable success in dysentery and kidney diseases.

Its great value in typhoid and scarlet fevers.

Numerous cases are recorded of cures by Kumyss of consumptive persons in the earlier stages of the disease, and

even in its later periods patients habitually derive great benefit from its use. It has also been found especially efficacious with young and sickly adults born of consumptive parents, and where symptoms of hereditary disease are suspected.

In such cases the use of Kumyss for two or three consecutive years has been productive of most excellent results, and should form a part of the daily regimen.

In Chronic Catarrh of the Stomach Kumyss is a most suitable diet.

In Diphtheria and Membraneous Croup, it is thought to be of use both as a solvent of the false membrane, where it comes in contact with it, and also, upon theoretical grounds, antagonistic to the germs of these diseases.

To all persons of delicate and fastidious digestion, the bilious, the gouty, the rheumatic, and those otherwise unable to take draughts of milk, Kumyss offers itself as the type of a beverage at once digestible and nourishing beyond any known drink.

Eminent practitioners claim for Kumyss sedative effects, due to its free carbonic acid and report numerous cases in which they have been successful with it when Beef Tea and other stimulants, aided by the most varied therapeutic agents, had failed.

It is also largely prescribed, and found very beneficial, in eradicating the desire for alcoholic drinks.

DIRECTIONS FOR TAKING AND KEEPING KUMYSS.

In order to derive benefit of its use, it should be drank in quantities of one to three bottles a day for a period of at least four to eight weeks, and as it promotes the digestion of other food, it is well to take it immediately before or after meals. Infants should take from half to one bottle a day, according to age.

There are three grades of Kumyss: *New, Medium and Old.* *New* Kumyss is suitable for infants, and for catarrhal conditions of the stomach in adults. *Medium* for dyspepsia and consumption. *Old* Kumyss is drank as a tonic and invigorator. Kumyss must be kept cool, at a temperature not above

50 degrees F. If it is to be kept any length of time, the best temperature is between 40 and 50 degrees F., and this should be ascertained, by a Thermometer, if possible. If kept at this temperature, or lower, it may be preserved in good condition for months, but that intended for invalids should not be more than four weeks old.

DRAWING BY MEANS OF CHAMPAGNE TAP.

Kumyss is put up in quart champagne bottles, and in order to preserve its sparkling quality, it must be drawn with a champagne tap; use tap as follows: Screw the tap through cork while closed. Never open tap until you have turned the bottle upside down, and always close the tap before turning back. The gases all escape if opened before reversing the bottle. *Never draw the cork*. Keep the bottle *lying on the side*, so that the liquid covers the cork, and thus prevents the gas escaping through the pores of the same. Kumyss always appears curdled, particularly the Old Kumyss; a light shaking will mix all particles uniformly, so as to run through the tap in a creamy form.

Price, per Bottle (Quart)	50 cents.
“ per $\frac{1}{2}$ dozen Bottles	\$2.50
“ per dozen Bottles	4.50
“ “ “ “ in case, shipping order	4.75
“ Champagne Tap	1.00

50 cents per dozen empty bottles allowed, if clean and sweet.

TERMS: Cash with order.

Prepared by Boericke & Schreck, Pharmacists, 234 Sutter Street, Y. M. C. A. Building, San Francisco, Cal.

THE HOMOEOPATHIC USES OF CAMPHOR.

Camphor is an antidote to almost all the drastic, irritating vegetable poisons. It induces reaction from congested conditions caused by cold. It is the best remedy for the first or chilly stage of catarrh or influenza—if given *promptly*, the disease is arrested.

In sudden sore throat or feeling of a lump in the throat from taking cold, camphor relieves at once, also loss of voice,

coming suddenly from a chill, also sudden strangury. Inhaling camphor gives relief in fainting and hysterical attacks. In diarrhoea, cramps, and symptoms of cholera, it is the classical remedy. Now as to the best preparation. Get Rubini's Homœopathic Tincture (not the ordinary Spirits of Camphor) and put one drop on a lump of sugar, or get the homœopathic pilules, which are saturated with the same preparation.

Send for the new edition of B. and S. Homœopathic Guide. Mailed free to any address.

CALENDULA CERATE.

The great virtues of this homœopathic preparation are not known as widely as they deserve. It is the most soothing and healing application to all troubles of the skin, chafing, chapping, excoriations. As a dressing for all cuts, wounds, old sores, ulcers, burns, scalds, blisters, wounds, in fact anywhere where the tissues are lacerated.

In the nursery it is especially useful for the chafing of the delicate skin of infants. It is also very successful in curing ring-worm, tetters, shingles, salt-rheum, diseases of the scalp, milk-crust, dandruff, etc.

Farmers and Farriers find nothing else which equals it for galling chafing, sore shoulder, wounds of all kinds, ulcers, swollen teats and udders, grease, mange, scratches, cracked hoof.

TO ADVERTISERS.

The publishers of the *California Homœopath* wish to call the attention of advertisers to their low rates, which can be had upon application to the business Manager and especially to the fact that it is *the only journal* which reaches *all* of the homœopathic and most of the eclectic physicians of the Pacific Coast, besides numerous families of the most intelligent classes.

TREATMENT OF BOILS.

Apply the half of a ripe tomato, bind on and remove when dry and apply a fresh piece. This relieves the pain and brings the boil to a head quickly. Internally take

Bellad when they begin to form.

Hepar 3rd trituration. When matter has formed, take a dose, a powder size of a pea, every two hours. This will hasten suppuration.

Sulphur 3. When crops of boils are constantly appearing use for a length of time—it will check the tendency.

After matter has been discharged, dress with *Calendula Salve*.

THE STATUS OF HOMOEOPATHY.

At the last meeting of the American Institute of Homoeopathy the following interesting statistics pertaining to Homoeopathy in the United States were presented:

Introduced in America by Dr. Gram, in 1825, a stranger in a strange land, with a strange system of medicine. In sixty-two (62) years it has grown as follows in the United States:

Practitioners.....	11,000
Medical Colleges.....	14
Matriculates Annually.....	1,200
Graduates Annually	400
Hospitals (with 4,500 beds).....	57
Insane Asylums.....	3
Dispensaries	48
Societies.....	150
Journals	23
Pharmacies	33
Colleges of specialties.....	1

34 dispensaries report for one year, 1886, 142,629 patients provided for with 376,886 prescriptions.

The oldest national medical association in this country is homœopathic—the American Institute of Homœopathy.

Homœopathy is employed chiefly by the more cultivated portions of communities.

Homœopaths can procure lower rates of life insurance, on account of the lower rate of mortality among them, as proved by statistics.

Allumi Homœopathic Colleges, 7,732.

First Homœopathic College, 1848.

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